COVID-19 & YOUR KIDNEY HEALTH

DID YOU KNOW?

Acute kidney injury (AKI) has many causes, but it often occurs in people with COVID-19. A study showed that in hospital patients with both AKI and COVID-19, up to 72% of them had signs of kidney damage upon arrival to the emergency room. This means the damage to their kidneys started at home!

WHY IS THIS IMPORTANT?

When damaged kidneys can no longer do their job, a medical treatment called dialysis may be needed while the kidneys try to heal. AKI can lead to other health emergencies such as seizure and coma, and increase your risk of lifelong kidney disease. See your healthcare provider if you are concerned you may have AKI or COVID-19.

WHAT ARE THE SIGNS OF AKI?

- Making less urine than usual or no urine at all
- Blood in urine (urine can appear red or dark brown)
- Swelling of feet, ankles, and/or legs
- **Nausea** (sick feeling in stomach) and/or loss of appetite
- **Fatigue**
- **Confusion**
- **Shortness of breath**
- **Chest pain**

WHAT ARE THE RISKS OF AKI?

- Prior kidney issues or kidney disease
- Age 65 years or older
- High blood pressure
- Chronic disease such as diabetes, heart disease, or liver disease
- Poor circulation in arms or legs
- Some cancers and their treatments

WHAT ARE THE SIGNS OF COVID-19?

- Fever/Chills
- Cough
- **Nausea**
- **Fatigue**
- **Confusion**
- **Shortness of breath**
- **Chest pain**
- Vomiting
- Muscle and body aches
- Headache
- New loss of taste and/or smell
- Sore throat
- Congestion/runny nose
- Diarrhea
- Unable to stay awake
- Lips and/or face blue

WHAT MAKES AKI WORSE?

- Dehydration — drinking too little
- Low blood pressure
- Untreated infection from a sore, wound, or illness
- NSAIDs — pain relievers such as ibuprofen (Advil®), naproxen (Aleve®), or aspirin (325mg dose)
- Liver problems
- Alcohol and/or substance abuse
- Certain antibiotics